

HYDRATE BEFORE, DURING AND AFTER PHYSICAL ACTIVITY



Major League Soccer's Los Angeles Galaxy and U.S Men's National Team superstar **Landon Donovan** knows firsthand the importance of hydration and the critical role it plays in ensuring optimal performance on the playing field.

"If you're dehydrated, it affects how you feel and how you play. Hydration is an element of the game you can control and it's just something simple you can do that **makes a huge difference**," Landon said.

LANDON'S VISIT TO GSSI

With the potential dangers of dehydration in mind, as well as the opportunity to gain every possible competitive edge, Landon visited the Gatorade Sports Science Institute (GSSI) in Chicago. GSSI has tested hundreds of elite professional and amateur athletes from all over the world to help them understand their individual hydration needs so they can feel and perform at their best.

While learning ways for improving his personal hydration status, Landon also gained further insight about the positive effects of hydration versus the negative effects of dehydration and how they influence his performance.

"Hydration is important because when you're hydrated, playing is much easier and you don't worry about anything but the game," Landon said. "But when you're dehydrated, you can feel sick, you can cramp, get dizzy, and it can even become more severe than that. In the worst cases, dehydration not only can affect your performance, but also can lead to dangerous heat illnesses if you let it go too far."

In the lab, Landon performed exercises that simulated the real-world conditions of moderate-intensity, continuous exercise in the heat in order for the scientists to examine different aspects of his sweat. The test simulated Landon's physical responses to efforts that would be put forth during a game under 85-degree conditions.



